

Sam Houston Area Council
2005 Cub Scout Leader Pow Wow – Texas Proud

Aquanaut (Physical Skills Group)



Swimming is one of the best sports that a boy can be involved in. It is one of the few sports in which every muscle in our body is exercised. As Webelos leaders, we have the responsibility to develop self-confidence in every boy in our den or patrol. Through learning to swim, each boy will gain a sense of self-achievement, as well as gaining a skill that may save his life or other lives some day. Learning to swim at this age, well enough to pass the BSA swim test, will make his eventual advancement to the Boy Scout's First Class Rank much easier.

RULES FOR A SAFE SWIM – NEVER SWIM ALONE

1. Check health condition of participants.
2. Secure safe facilities.
3. Use qualified supervision.
4. Have lifeguards and lookouts.
5. Identify swimming ability groups.
6. Teach the Buddy System.
7. Maintain good discipline.
8. Follow pool rules.
9. Teach rescue methods.



SUGGESTED PATROL ACTIVITIES

1. Make a simple buddy board and make buddy tags for all the boys. One tag per boy with his name on it, and color the tag blue for swimmers, red for novice swimmers, and white for non-swimmers. Insist they place their tag on the board, on the same hook as their buddy's tag, when they are in a swimming or boating area.
2. Visit a SCUBA dive shop and teach boys how to use a mask, fins, and snorkel.
3. Teach basic rescue methods such as "reach, throw, row and tow."
4. Visit a high school swim meet or water polo match.
5. Instruct the boys how to use their clothes for floatation purposes.
6. Work on the Swimming Belt Loop or Sports Pin.

FLOATING AND TREADING WATER

Some boys may not be able to swim yet. Floating and treading water exercises can help overcome fear or unfamiliarity with water.

TURTLE FLOAT

In waist-deep water, take a deep breath. Reach down and wrap arms around knees. Hold the knees. Your body will bob to the surface and float. Grab quick breaths and float again.

JELLYFISH FLOAT

In waist-deep water, take a deep breath, reach down and grab ankles. Hold ankles. Your body will bob to the surface and float. Grab quick breaths and float again.

TREADING WATER

In shoulder-deep water with supervision, teach methods for treading water by efficiently kicking, and making calm sweeping hand motions. Teach them to float whenever they get tired.

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WATER GAMES FOR SWIMMERS AND NON-SWIMMERS

TOWEL RELAY

Play in shoulder-deep to waist-deep water. Split into two equal teams; start with all boys on one side of the pool except for one from each team. The two boys on the opposite side of the pool each get a towel. On signal, these boys swim to the other side of the pool and then they must tow one other Scout back across the pool using the towel. Then the boy just towed does the same until all are towed across.

ADD THE NUMBERS GAME

Cut up an old hose into 2" lengths, and write a number on each (a few with much larger numbers). Scatter them in waist deep water. Players try to retrieve as many as they can within a specific time (or they're all found). Add the numbers on all of the hose pieces that each collects, and that is their score. If it's a pack event, do this in age groups, for safety purposes. Scatter at least five hose pieces per boy in the game. Try the same game with numbered corks or as teams.

POOL OBSTACLE COURSE

Time the boys successfully going through an obstacle course in the pool. Place in the pool a series of hoops that the boys must swim through one at a time. Pool noodles and hula hoops are examples of hoops that can float, or cut 6'-8' lengths of an old hose and duct tape the ends to make water-tight, hollow hoops. Have a few hoops floating on top of the water, but have most floating up-right underwater. To make the hoops stand upright underwater, duct-tape a weight onto one side. The heavier the weight, the deeper the hoop will sink. Place the hoops in their proper place for every boy's attempt.

NIGHTSHIRT RELAY

Divide the patrol into two teams. Give each team an old-fashioned nightshirt (or large pajama top or sweatshirt). On signal, the first player on each team puts on the nightshirt and swims to the other end of the pool. When he takes off, the next player puts it on and swims his lap. The team who finishes first wins. Let them find the best way to switch shirts, by racing twice.

SAILBOAT OR POOL REGATTA RACES

Have the boys build similar wooden sailboats (like rain gutter regatta boats). For a race, have them line up 5 yards from the bank and blow their sailboats back to shore by plowing through straws. No touching them during the race!

WATER RELAY RACE

One small can per team and two buckets per team

Transport water from a full bucket to another bucket, while holding the water can above their heads. Everyone on the team takes equal turns carrying water. Each carrying can has many small nail holes in the bottom edge, resulting in a shower effect on the carrier. After 5 minutes, the team that has the most water in the bucket they're carrying it to wins.